



### **HHP Resources List**

**Purpose:** Veterans may need additional resources beyond the scope and availability of Heroic Hearts Project's current programs. Veteran applicants who may not be eligible yet, applicants awaiting a retreat program, or alumni looking for more assistance may find additional help through these resources.

**Advisory Note:** HHP suggests these resources, but we cannot guarantee results. Any resource listed below should be individually assessed by the veteran or veteran family member for appropriateness to their needs.

#### **Suicidal Ideation/Crisis Situation:**

[Veterans Crisis Line](#) - Free, confidential support for those in crisis: dial 988, then press 1. Or you can text 838255, or chat live via the website. Open 24/7. Call this line for immediate help to an imminent threat to yourself or others.

[Go Roger](#) - The ROGER team is licensed and highly trained to provide care specific to suicide prevention.\* Many of our counselors have served in the military or are military family members. Backed by a veteran-owned and veteran-founded nonprofit, ROGER services are 100% free to U.S. veterans and service members. Visit this website to sign up for a phone call within 15 minutes, learn about suicide prevention, and access free virtual health counseling.

#### **General Resources for Veteran Mental Health & Community:**

[The Headstrong Project](#) - A non-profit mental health organization providing confidential, barrier-free, and stigma-free PTSD treatment to veterans, service members, and families connected to their care. Headstrong's network of trauma-informed clinical partners provides individualized, evidence-based outpatient care to clients. Headstrong's trauma treatment program provides 30 cost-free sessions. For extended therapy, sessions include a client copay made to the therapist.

[Sound Off](#) - A free mobile resource connecting people seeking help with anonymous, long-term mental health support. Sound Off is the first and only mental health resource for veterans and active service members that allows both anonymity and repeat contact with clinicians or peers. All interactions are contained entirely within the app.

[Wounded Healer Project](#) - (All services at no cost) Connects military veteran mental health providers

with members of the veteran community who may be struggling in isolation with addiction, poverty, incarceration, homelessness, unemployment, and terminal illness. They also help veterans seeking to become mental health providers, or organizations in need of mental health support for their veteran clients.

[The Battle Within](#) - Supports veterans and first responders with programs aimed at promoting mental and behavioral health.

- [Revenant Journey](#): a free, 5-day program designed to bring Warriors together and create a safe space where they can identify their burdens, confront them in a secure environment, and obtain the necessary tools to overcome them.
- [Frontline Therapy Network](#): matches you with the right therapist and covers the cost of their first six sessions. This structured support is designed to help individuals process trauma and establish healthy habits as part of their healing journey.

[SIREN Project](#) - Provides First Responders access to alternative mental health therapies including psychedelic medicines. SIREN educates about these alternative mental health therapies and advocates for change in laws to allow for more access. Visit this website if you or a loved one is a first responder interested in accessing psychedelics, or see their recommended “mental health practices”.

[Boot Campaign](#) - Offers a Health and Wellness program built on the principles of providing holistic care, and works to identify the root cause of hidden wounds of war. They deliver personalized treatment plans to veterans and their families. Boot Campaign provides care to treat diverse health challenges connected to Posttraumatic Stress and/or Traumatic Brain Injury (TBI), as well as addressing trauma-based insomnia, chronic pain, substance abuse, nutrition, and fitness. After determining each candidate's needs, our team of experts creates a pipeline of care utilizing a holistic approach. Every individual's plan is unique and curated to address immediate needs first. Click here for the different therapies utilized.

[Fireside Project](#) - A real-time psychedelic peer support line at no cost. Call or text 623-473-7433 for free, confidential emotional support during and after your psychedelic experiences. Open every day, 3:00 pm-3:00 am PT.

[Cohen Veterans Network](#) - Mental health services and case management to post-9/11 veterans at no charge; telehealth or in person. They also offer marriage counseling, relationship counseling, and help with children's behavioral issues. Offers the option of signing up for care directly through the clinic closest to you (if there is one in your area). You can search locations with the "Locate a Clinic" button in the website header.

[Operation Warrior Resolution](#) - FL Residents Only: Holistic mental health care for veterans and their families at no cost “To transform veterans to health and wellness. To provide innovative, holistic treatments for mental health to veterans and their family members; alleviating PTSD, anxiety, and other mental health-related issues.”

[Whole Health Program \(via VA - Veterans Affairs\)](#) - Serves veterans in their integration. Each VA facility + outpatient clinics have a Whole Health program. Facilities may provide the required CIH approaches

internally, on-site, via telehealth, or in the community through volunteers, community partners, or the Community Care Network. All sites have certified health and wellness coaches. Treatments: acupuncture, biofeedback, clinical hypnosis, & massage therapy. Approaches for well-being: meditation, guided imagery, Tai Chi/Qigong, & yoga.

[Home Base](#) - Dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members, Military Families, and Families of the Fallen through world-class, direct clinical care, wellness, education, and research – all at no cost – regardless of era of service, discharge status or geographical location.

[Warrior PATHH](#)- Warrior PATHH is the first training program to teach our nation's combat veterans to experience lifelong Posttraumatic Growth (PTG). Warrior PATHH has the goal of creating sustained transformation — this is not a catch and release program. Warrior PATHH is a 90-day, non-pharmacological, peer-delivered training program that begins with a 7-day intensive and immersive initiation. This is followed by 3 months of dedicated support, training, accountability, and connection from a team of trained combat veterans.

[The Wisdom Dojo](#)- The Wisdom dojo is a registered 501c3 nonprofit organization created to support veterans. Specifically, our organization offers curated, one-on-one meditation training and integration to veterans who have undergone psychedelic-assisted therapy. In addition to one-on-one meditation training, The Wisdom dojo provides access to a reliable & active community, group meditation retreats and our tailored veteran employment program, all free of charge for each veteran.

[Veteran Rites](#)- Veteran Rites initiates Veterans into true identity, purpose, and belonging after military service. In neighborhoods, we convene [Circles of Return](#) that get to the heart of what we carry so we don't have to shoulder it alone. At the [Rite of Return](#), we answer the soul's call for deep healing in the wilderness, separated from society, in order to cross the line to who we are truly called to be once we've hung up the uniform. Our veteran-led rites of passage has proven to drastically reduce the symptoms of PTS, compassion fatigue, moral injury, and suicidal thoughts by embracing all aspects of our human nature, identity, and experience.

[Merging Vets and Players](#)- From the battlefield to the playing field, our veterans and athletes exemplify strength, excellence, and dedication. However, many find it difficult to redirect these qualities into a new mission that provides meaning and purpose—to lead themselves, support their families, and strengthen their communities. MVP was founded to address this challenge, ensuring that our nation's warriors can continue to thrive and make a lasting impact off the field as they did on it.

[Team Red, White and Blue](#)- Our comprehensive programs address the unique needs of America's Veterans, concentrating on four key pillars essential to their well-being: physical health, mental health, purpose, and relationships.

## **Military Sexual Trauma (MST):**

[Road Home Program](#) - Treatment focuses on learning to overcome painful memories, control difficult emotions, and address feelings of anger, betrayal, and insecurity. Treatment options: Intensive Outpatient Program (IOP), which condenses 6 months of therapy into 2 weeks. We connect veterans

and service members to individual and group therapy and a daily regimen of physical fitness, stress-reduction training, wellness practices, nutritional education, and mindfulness meditation. All treatment, travel, meals, and lodging are provided at no out-of-pocket expenses to the veteran or service member and one support person. The Outpatient Program: in-person outpatient care consists of weekly therapy sessions. Treatment focuses on immediate symptoms, reduction of long-term mental health recovery, and permanent lifestyle changes for veterans, service members, and their families. Treatment length varies.

[Shield of Sisters](#)- The mission of Shield of Sisters is to support and empower Lady Veterans who have experienced Military Sexual Trauma (MST) by providing a sisterhood focused on healing and restoration. We create safe spaces where these courageous women can share their stories, access vital resources, and transform from surviving to thriving. We strive to foster resilience, strength, and hope, ensuring that every woman can reclaim her voice and triumph over trauma.

## **Addiction:**

[Psychedelics in Recovery](#) - A fellowship of people in 12-step programs who also have an interest in psychedelics and/or plant medicines as an aid to recovery.

[Warrior's Heart](#) - provides military veterans and first responders private treatment to those who are seeking inpatient treatment for chemical dependency, alcohol abuse, and co-occurring psychological disorders relating to PTSD (post-traumatic stress disorder) or the psychological effects of MTBI (mild traumatic brain injury).

[Tree House Recovery](#)-Our mission at Tree House Recovery is to rebuild the minds and bodies of men afflicted by addiction. Our treatment centered around an eight-element curriculum of evidence-based treatment methods. It is built for men who want to develop the mental and physical fortitude they need to overcome addiction. Our treatment uses a variety of the most effective treatment methods. We understand that every man who comes into Tree House has unique strengths; so, different therapies will speak to you more than others. Whether you connect to writing, meditation, or fitness, our treatment shows you how to connect with yourself and your recovery.

## **Tapering/Weaning off Antidepressants:**

[Surviving Antidepressants](#) - A site for peer support, documentation, and education regarding tapering and withdrawal syndrome from psychiatric drugs, including antidepressants.

## **Spouse and Family Support:**

[All Secure Foundation](#): Assists Special Operations Active Duty and Combat Veterans, and their families in recovery of Post-Traumatic Stress through education, awareness, resources for healing, marriage retreats, and more.

[The Pillar Foundation](#): Helps SOF families find solace, strength, and a renewed sense of purpose as they transition back to civilian lives. The Pillar Foundation offers women the resources, support, and sisterhood they need to help their families heal and thrive after reentering the civilian world.

[The Steps Foundation](#): Supports spouses of Special Operations Forces through customized holistic programs for seamless personal and professional transitions.

[Task Force Dagger](#): Providing critical support to wounded, ill, or injured U.S. Special Operations Command members and their families.

[Veterans Spouse Network](#): facilitates a community of peer support for military and veteran spouses and committed partners, providing opportunities to engage and connect to helpful resources and a community of support.

## **Other Psychedelic Experiences:**

[Psychedelics Today](#)- Provides resources, content, and education related to all things psychedelics.

[Psychedelic Support](#)- Provides psychedelic resources along with a directory of psychedelic-friendly therapists and psychedelic clinical trials seeking participants.

[Plant Parenthood](#)- A community integration resource for those navigating the intersection of intentional plant medicine use and modern parenting.

## **Sleep:**

[62romeo](#) - A faith-based organization focused on raising funds for veterans and first responders to attend the 62romeo SLEEP101 program. This 6-week sleep program is based on four foundational pillars: Light & Sound Therapy, Sleep Education, Relaxation Techniques, and Cognitive Behavioral Therapy for Insomnia.

## **Eating Disorders:**

[National Eating Disorder Association \(NEDA\)](#) - The largest nonprofit dedicated to supporting individuals and families affected by eating disorders. Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

## **Homelessness:**

[National Coalition for Homeless Veterans](#)- NCHV is the only national organization solely focused on ending veteran homelessness. We work to achieve our mission by promoting collaboration, shaping policy, building service capacity, ensuring accountability, and managing a referral helpline for veterans experiencing and at risk of homelessness. Welcome to the most comprehensive source of information about America's homeless veterans and the programs and people who are working to save their lives and restore their hope.

## **Parenting:**

[Your Village Online](#) - Research this low-cost research-based online parenting platform which provides digital classes, podcasts (Parenting Beyond Discipline), and private coaching sessions. For those parents who are struggling with balancing discipline, boundaries, and love for their children, this is an excellent resource.

## **TBI Support:**

[Defenders of Freedom](#) - We offer a solution to Veterans who struggle with Traumatic Brain Injury (TBI). We've partnered with Dr. Scharlene Gaudet of Resiliency Brain Health, Life Stream Wellness, & the Las Colinas Pharmacy. This allows a comprehensive approach to address the physiological and chemistry issues facing Veterans with TBI. The symptoms of PTS and TBI do mirror each other and those symptoms can be relieved through medication, but for those with TBI, this relief does nothing to treat the injury to the brain. Functional neurology, on the other hand, is an effective treatment for brain injury.

## **Military Exposures:**

[Hunter Seven Foundation](#)- HunterSeven Foundation, a veteran-founded, 501(c)(3) organization, conducts research on military exposures among post-9/11 veterans and educates the veteran and healthcare population on critical health information relating to their exposures. This proactive approach to addressing health concerns is important for secondary prevention and wellness. HunterSeven Foundations supports veterans and families that have been made ill as a result of military exposures through an immediate needs program.

## **Oregon Specific:**

[Returning Veterans Project](#)- We understand the unique challenges associated with military service and reintegration—that's why we specifically designed our program to provide easy access to free, confidential mental and physical health services for post-9/11 Veterans, Service Members, and their Families.